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USGF GYMNASTICS

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MAY/JUNE 1983

VOL. 12 NO. 4

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on the cover

Scott Johnson, who competes on the collegiate level at the University of Nebraska, turned in an excellent routine on the parallel bars with great significant impressive form and such a double pike dismount Johnson, who is a senior on the NCAA champion Cornsucker squad, received the highest mark, a 9.95, to be the top actor in this event

(photo by Dave Black)

United States Gymnastics Federation

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Coaches and club owners: An injury can cost more than a championship.

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Back to Basics

Did you hear about the executive who went on of a business conference and upon his return found his office engaged in a different business? When he asked his office manager how this happened, the manager replied, "We had more requests and calls in this other area and since they started taking most of our time the logical thing seemed to be to make a change."

So, when does this have to do with the United States Gymnastics Federation? The fact that 80 percent of our calls and business inquiries to the competitive and elite level programs has caused our staff efforts to emphasize and service this aspect of the sport. Of course our Olympic hopefuls and national team is of great importance to all of us. As the word team, the group-representative view, small part of the total gymnastics picture. Nevertheless, the great majority of our gymnasts continually will never have any contact with the position of our sport.

Sharpening the Tip of the Iceberg

It is easy to continually emphasize the elite program. Television sponsors and people like to identify with the Olympians and world champions. The vital thrust the future to the gymnastics population that cannot directly derive benefits for their future programs by the success of the national team. Here we thought about (over).

Back to Basics

Less than one year from now the greatest event in the history of sports, the 1984 Olympic games, will take place in Los Angeles. All of us realize how critical this event is for gymnastics. The tremendous role left by the boycott of the 1980 games has affected every aspect of our sport. We desperately need the visibility of the 1984 games more than ever. As the time nears we realize how the machinery available to take advantage of the anticipated new enthusiasm and growth of gymnastics after 1984.

The USGF will provide that direction and leadership. Our new administration is not just looking at the top of the pyramid but more closely, at the existing base. We are not just trying to sharpen the point, but to broaden the base. Fill in the holes and gaps and provide a base and insurance of doing this. We have the next 12 months you will see a new direction and emphasis. After only three months we have taken this new direction with steps and commitment.

We are briefly introducing some new programs that you will be hearing about in the near future.

I am pleased to announce that the USGF has appointed Dr. Gerald George to its Chair of Education and Safety Development. Dr. George has the responsibility of compiling and editing the new USGF Safety Manual which is scheduled to be introduced in the fall of 1984. A complete and basic on-competition program will soon follow. The entire manual, as well as USGF safety papers will be produced quarterly. The first will be available in the 1983 Congress.

The USGF will be instituting an additional insurance program to be added to our current package. The program will be based on each individual's earning potential and experience. Also included in this new program will be discounts for pre-school programs all available at the most competitive market rates. In addition a market survey is being sent out all over the gymnastics community trying to secure information on an issue we seldom think about: retirement. The USGF will present a check and official retirement program this fall. The program adopted will be based on the needs of the nation.

There is much more. The USGF will be having a series of 16 regional clinics first year geared up to focus on developmental gymnastics. National



summer. The schedule and locations will be available this fall.

I am pleased to announce that the USGF will introduce a series of business management and opportunities seminars specifically geared for the private gym school owner designed with the club owner in mind. This program will focus on preparing independent gymnastics clubs in the role of business management. The first program will be held a few days prior to the 1983 Congress in Washington DC. There will be 16 additional seminars throughout the rest of the US during the six months following.

Most importantly we are in the planning process to provide much needed programs: materials, instruction and research in sports medicine, sports psychology, program planning and development, pre-school activities, legal topics, fund raising, management and administration, program promotion and future insurance and treatment.

The USGF is dedicated and committed to the promotion, development and growth of gymnastics in all levels.

Please be assured that we will diligently pursue this plan of action. We are looking forward to your participation. Together we can better prepare for the future of our sport.

For the United States Gymnastics Federation.

Michael Quinn

Executive Director

UNITED STATES GYMNASTICS FEDERATION

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Nebraska Harvests 5th NCAA Title

UCLA's Peter Vidmar Captures All-Around Honors

The name was the same, only the place had changed in the University of Nebraska Cornhuskers used a steady performance to shock challengers by UCLA and host Penn State to capture its fifth consecutive NCAA Men's collegiate gymnastics title.

For the first time in three years Nebraska was not the host school for the NCAA championships, but performing on foreign turf didn't bother them much. With the top three keeping pace with each other, Nebraska started mounting a surge after the fourth session that challengers Penn State and UCLA just couldn't keep up with.

The best collegiate gymnasts from the nation were assembled for this three-day event. Qualifications for teams and individuals was based on an average of top scores earned during the regular season with three of the top five marks scored on the road.

From each of the NCAA's four regions for gymnastics, the top team and four top individuals were selected. In addition to the best from the regions, an additional six teams and four individuals on each event were selected as at-large competitors.

All Around

Compulsory exercises were the first half of the all-around competition. Of the 52 gymnasts who performed, 29 scored above the minimum 52.00 which was one of the criteria used to select all-around competitors for the championships. There were 17 who scored above 55.00 and seven whose marks were over 57.00. Only UCLA's Peter Vidmar broke the 58.00 mark with an excellent 58.60.

Going into the optional routines Vidmar holds substantial lead of 7½ over his nearest competitor, Scott Johnson. Johnson had upgraded his optional exercises but it was not likely that Vidmar would make the mistakes necessary for Johnson to overtake him.



Scott Johnson (above) and Phil Cahoy (left) of Nebraska posed for Cornhuskers' fifth 5th NCAA crown in jumping second and fourth respectively in the all-around competition. (photos by Dave Black)



Thus, a trend which had occurred in that last two NCAA championships had stopped. That is, the Nissen Award winner, Vidmar, would not be upset by Johnson as Jay Hartung had upset Ben Conner (1981 Nissen Award winner) and Vidmar had upset Hartung (1982 Nissen Award winner).

Of the top seven all-around competitors, only Vidmar and Johnson maintained their places after compulsories and optionals were tested. Brian Hubcock, Phil Cahoy and Tim Duggan all managed to improve their standing on the strength of their optionals to third, fourth and fifth respectively. Chris Raugel and Roy



Faloutsos dropped to sixth and seventh. Note: Both Hager and Faloutsos are dynamic grammars with excellent international careers ahead of them.

In addition to the All American performances of the top six, the depth of the all around competitors was greatly improved over 1982. Twenty-four gymnasts scored over 105.00 in 1983, while only 14 achieved that mark in 1982.

The most marked change in floor exercise over last year was the number of gymnasts using difficult combinations of tumbling.

ENVIRONMENTAL DETONATION

For the second consecutive year competitors did not count toward team or individual event qualifications to the finals. Without competitors, individuals and teams had been able to concentrate on their options. Depth abounded on each event in the preliminary rounds.

Figure 1. The effect of the number of trials on the mean RTs (M) and SDs ($s.d.$) for each condition. The error bars represent the standard error of the mean.

The most marked change in floor exercises over last year was the number of gymnasts using difficult combinations of tumbling. In addition, routines were more stylish and original. Full routines

TEAM FINALS									
NEBRASKA									
100	Hayes	1:01	1:05	1:04	1:04	1:02 1/2	1		
	Johnson	1:02	1:07	1:06	1:05	1:04 1/2	2		
	Langford	1:03	1:03	1:03	1:03	1:02	3		
	Colburn	1:03	1:04	1:03	1:04	1:02 1/2	4		
	Johnson + 5	1:03	1:05	1:05	1:04	1:03 1/2	5		
100	Hayes	1:01	1:04	1:04	1:03	1:02 1/2	1		
	Langford	1:02	1:04	1:04	1:04	1:03 1/2	2		
	Johnson	1:02	1:05	1:05	1:04	1:03 1/2	3		
	Johnson + 5	1:02	1:03	1:03	1:03	1:02 1/2	4		
	Colburn	1:04	1:03	1:03	1:04	1:03 1/2	5		
100	Hayes + 5	1:01	1:03	1:03	1:03	1:02 1/2	1		
	Johnson	1:02	1:04	1:04	1:04	1:03 1/2	2		
	Langford	1:02	1:04	1:04	1:04	1:03 1/2	3		
	Colburn	1:03	1:04	1:04	1:04	1:03 1/2	4		
	Johnson + 5	1:03	1:03	1:03	1:03	1:02 1/2	5		
100	Hayes	1:01	1:03	1:03	1:03	1:02 1/2	1		
	Johnson	1:02	1:04	1:04	1:04	1:03 1/2	2		
	Langford	1:02	1:04	1:04	1:04	1:03 1/2	3		
	Colburn	1:03	1:04	1:04	1:04	1:03 1/2	4		
	Johnson + 5	1:03	1:03	1:03	1:03	1:02 1/2	5		
100	Hayes	1:01	1:03	1:03	1:03	1:02 1/2	1		
	Johnson	1:02	1:04	1:04	1:04	1:03 1/2	2		
	Langford	1:02	1:04	1:04	1:04	1:03 1/2	3		
	Colburn	1:03	1:04	1:04	1:04	1:03 1/2	4		
	Johnson + 5	1:03	1:03	1:03	1:03	1:02 1/2	5		
100	Hayes	1:01	1:03	1:03	1:03	1:02 1/2	1		
	Johnson	1:02	1:04	1:04	1:04	1:03 1/2	2		
	Langford	1:02	1:04	1:04	1:04	1:03 1/2	3		
	Colburn	1:03	1:04	1:04	1:04	1:03 1/2	4		
	Johnson + 5	1:03	1:03	1:03	1:03	1:02 1/2	5		
100	Hayes	1:01	1:03	1:03	1:03	1:02 1/2	1		
	Johnson	1:02	1:04	1:04	1:04	1:03 1/2	2		
	Langford	1:02	1:04	1:04	1:04	1:03 1/2	3		
	Colburn	1:03	1:04	1:04	1:04	1:03 1/2	4		
	Johnson + 5	1:03	1:03	1:03	1:03	1:02 1/2	5		
100	Hayes	1:01	1:03	1:03	1:03	1:02 1/2	1		
	Johnson	1:02	1:04	1:04	1:04	1:03 1/2	2		
	Langford	1:02	1:04	1:04	1:04	1:03 1/2	3		
	Colburn	1:03	1:04	1:04	1:04	1:03 1/2	4		
	Johnson + 5	1:03	1:03	1:03	1:03	1:02 1/2	5		
100	Hayes	1:01	1:03	1:03	1:03	1:02 1/2	1		
	Johnson	1:02	1:04	1:04	1:04	1:03 1/2	2		
	Langford	1:02	1:04	1:04	1:04	1:03 1/2	3		
	Colburn	1:03	1:04	1:04	1:04	1:03 1/2	4		</

from page 9

doubles and triple twists were common. Thirty-one gymnasts earned 9.45 or better and 9.40 was the cut off for individual finals.

PUMMEL HORSE

Only a relatively few gymnasts were working to the handstand position last year; this year it appeared to be an unspoken requirement. Twenty gymnasts scored 9.45 or better and those scoring below 9.70 did not qualify for finals.

STILL RINGS

The still rings were marked by solid swings in both directions, good strength but relatively little originality. Halfins, hold outs and double layouts were the standard dismounts with the exceptions of

Interestingly, vaulting required only 9.70 to reach finals, while pommel horse and high bar required 9.75 or higher to qualify.

two double twisting doubles. Twenty-one gymnasts attained 9.45 or higher. The final cut had to attain 9.60 or better to reach the top eight positions.

VAULT

The usual variations of handspring fronts (back, pike, early and late half twists), Tuckaloona (pike layout and full twists) and Kaunasans prevailed. Interestingly, vaulting required only 9.70 to reach finals, while pommel horse and high bar required 9.75 or higher to qualify.

PARALLEL BARS

Parallel bars is still the weakest event at the championships. Thirteen gymnasts qualified for the finals. Seven of these qualifying tied at 9.45. Even though the technique and execution were excellent, originality suffered in most routines.

HORIZONTAL BAR

As with the handstand on pommel horse, one arm giants were done in nearly every horizontal bar routine. Unlike rings, vault and parallel bars, many original combinations into and out of one arm giants were demonstrated.

Twenty six gymnasts scored 9.60 or better. This seemed to be the most exciting event for the spectators.

See page 34



Tommy Cappelletti (U.S.A.) takes a giant step for himself and country. Peter Vidmar is the first 9.80 all-around, Jon Hag of Minnesota (U.S.) posted 9.80 all-around, Jon de Cocken (U.S.)

(Photo by Steve Smith)



INDIVIDUAL FINALS FLOOR EXERCISE

NAME	PRELIM	FINALS					TOTAL	SCHOOL	
Brenth	7	99	99	99	99	990	1	0.990	1 Arizona St.
Hinton	7	99	97	99	99	990	1	0.990	1 Arizona St.
Johnson-S	2	99	99	99	99	990	1	0.990	1 Nebraska
Vidmar	2	99	99	99	99	990	4	0.990	4 UCLA
Sweeney-J	7	99	97	99	97	975	5	0.750	5 H Baptist
Gilliam	7	99	99	99	97	975	5	0.750	5 Kent State
Ragel	1	97	97	97	99	970	7	0.700	7 Nebraska
Oliva	5	97	97	97	99	970	7	0.700	7 Oklahoma

POMMEL HORSE

Kloss	8	99	99	99	99	990	1	0.990	1 N Illinois
Ludman	5	99	99	99	99	990	2	0.990	2 Penn State
Vidmar	1	99	99	99	99	990	2	0.990	2 UCLA
Babcock	5	99	99	99	99	990	4	0.990	4 S Illinois
Daggett	5	97	99	99	97	975	5	0.750	5 UCLA
Pelissou	3	99	97	99	99	990	5	0.990	5 San Jose St.
Schwartz	1	99	99	99	99	990	1	0.990	1 UCLA
Johnson-S	2	99	99	99	99	990	2	0.990	2 Nebraska
Vasera	7	99	99	99	97	990	3	0.990	3 Penn State
Arnott	7	99	99	99	99	990	4	0.990	4 New Mexico
Coelho	5	99	99	97	99	990	5	0.990	5 Springfield
McMurchie	5	99	99	99	99	990	6	0.990	6 Illinois
Stonard	7	99	99	99	99	990	7	0.990	7 S Illinois
Babcock	3	99	99	99	99	990	8	0.990	8 S Illinois
Vidmar	3	99	99	99	99	990	9	0.990	9 UCLA

For more results, see page 25

Why Come to a USGF Congress?

October 6-9, 1983

- It's the one time of the year when coaches, judges, administrators, club owners, and manufacturers, from all over this country meet with new ideas and products. . . .
- It's a time when people from all levels and aspects of gymnastics can learn and exchange ideas with the most qualified clinicians in our sport. . . .
- It's a time to communicate directly with the new administration of the USGF . . . making an investment in your membership. . . .
- It's a time to see the latest in gymnastics products and services. . . .
- It's a time to meet and make new friends. . . .



(photos by Dave Mack)



The 1984 Olympic Games will be in Los Angeles next summer, and all levels of gymnastics will benefit from the momentum generated from this event as they did in '72 and '76. Through a cooperative effort, the planning we do now will determine how far our sport will fare in the eighteen and beyond. The challenge is not just for a few, . . . but for all who want to make gymnastics a better place for all athletes. . . .

To ensure the quality of the growth and development of gymnastics. . . .

Can You Afford Not to be at Congress?

Group 26, 27 for the 1983 Congress schedule and cost: \$1000 (1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100-101-102-103-104-105-106-107-108-109-110-111-112-113-114-115-116-117-118-119-120-121-122-123-124-125-126-127-128-129-130-131-132-133-134-135-136-137-138-139-140-141-142-143-144-145-146-147-148-149-150-151-152-153-154-155-156-157-158-159-160-161-162-163-164-165-166-167-168-169-170-171-172-173-174-175-176-177-178-179-180-181-182-183-184-185-186-187-188-189-190-191-192-193-194-195-196-197-198-199-200-201-202-203-204-205-206-207-208-209-210-211-212-213-214-215-216-217-218-219-220-221-222-223-224-225-226-227-228-229-230-231-232-233-234-235-236-237-238-239-240-241-242-243-244-245-246-247-248-249-250-251-252-253-254-255-256-257-258-259-260-261-262-263-264-265-266-267-268-269-270-271-272-273-274-275-276-277-278-279-280-281-282-283-284-285-286-287-288-289-290-291-292-293-294-295-296-297-298-299-300-301-302-303-304-305-306-307-308-309-310-311-312-313-314-315-316-317-318-319-320-321-322-323-324-325-326-327-328-329-330-331-332-333-334-335-336-337-338-339-340-341-342-343-344-345-346-347-348-349-350-351-352-353-354-355-356-357-358-359-360-361-362-363-364-365-366-367-368-369-370-371-372-373-374-375-376-377-378-379-380-381-382-383-384-385-386-387-388-389-390-391-392-393-394-395-396-397-398-399-400-401-402-403-404-405-406-407-408-409-410-411-412-413-414-415-416-417-418-419-420-421-422-423-424-425-426-427-428-429-430-431-432-433-434-435-436-437-438-439-440-441-442-443-444-445-446-447-448-449-450-451-452-453-454-455-456-457-458-459-460-461-462-463-464-465-466-467-468-469-470-471-472-473-474-475-476-477-478-479-480-481-482-483-484-485-486-487-488-489-490-491-492-493-494-495-496-497-498-499-500-501-502-503-504-505-506-507-508-509-510-511-512-513-514-515-516-517-518-519-520-521-522-523-524-525-526-527-528-529-530-531-532-533-534-535-536-537-538-539-540-541-542-543-544-545-546-547-548-549-550-551-552-553-554-555-556-557-558-559-560-561-562-563-564-565-566-567-568-569-570-571-572-573-574-575-576-577-578-579-580-581-582-583-584-585-586-587-588-589-590-591-592-593-594-595-596-597-598-599-600-601-602-603-604-605-606-607-608-609-610-611-612-613-614-615-616-617-618-619-620-621-622-623-624-625-626-627-628-629-630-631-632-633-634-635-636-637-638-639-640-641-642-643-644-645-646-647-648-649-650-651-652-653-654-655-656-657-658-659-660-661-662-663-664-665-666-667-668-669-670-671-672-673-674-675-676-677-678-679-680-681-682-683-684-685-686-687-688-689-690-691-692-693-694-695-696-697-698-699-700-701-702-703-704-705-706-707-708-709-710-711-712-713-714-715-716-717-718-719-720-721-722-723-724-725-726-727-728-729-730-731-732-733-734-735-736-737-738-739-740-741-742-743-744-745-746-747-748-749-750-751-752-753-754-755-756-757-758-759-760-761-762-763-764-765-766-767-768-769-770-771-772-773-774-775-776-777-778-779-780-781-782-783-784-785-786-787-788-789-790-791-792-793-794-795-796-797-798-799-800-801-802-803-804-805-806-807-808-809-810-811-812-813-814-815-816-817-818-819-820-821-822-823-824-825-826-827-828-829-830-831-832-833-834-835-836-837-838-839-840-841-842-843-844-845-846-847-848-849-850-851-852-853-854-855-856-857-858-859-860-861-862-863-864-865-866-867-868-869-870-871-872-873-874-875-876-877-878-879-880-881-882-883-884-885-886-887-888-889-890-891-892-893-894-895-896-897-898-899-900-901-902-903-904-905-906-907-908-909-910-911-912-913-914-915-916-917-918-919-920-921-922-923-924-925-926-927-928-929-930-931-932-933-934-935-936-937-938-939-940-941-942-943-944-945-946-947-948-949-950-951-952-953-954-955-956-957-958-959-960-961-962-963-964-965-966-967-968-969-970-971-972-973-974-975-976-977-978-979-980-981-982-983-984-985-986-987-988-989-990-991-992-993-994-995-996-997-998-999-1000-1001-1002-1003-1004-1005-1006-1007-1008-1009-1010-1011-1012-1013-1014-1015-1016-1017-1018-1019-1020-1021-1022-1023-1024-1025-1026-1027-1028-1029-1030-1031-1032-1033-1034-1035-1036-1037-1038-1039-1040-1041-1042-1043-1044-1045-1046-1047-1048-1049-1050-1051-1052-1053-1054-1055-1056-1057-1058-1059-1060-1061-1062-1063-1064-1065-1066-1067-1068-1069-1070-1071-1072-1073-1074-1075-1076-1077-1078-1079-1080-1081-1082-1083-1084-1085-1086-1087-1088-1089-1090-1091-1092-1093-1094-1095-1096-1097-1098-1099-1100-1101-1102-1103-1104-1105-1106-1107-1108-1109-1110-1111-1112-1113-1114-1115-1116-1117-1118-1119-1120-1121-1122-1123-1124-1125-1126-1127-1128-1129-1130-1131-1132-1133-1134-1135-1136-1137-1138-1139-1140-1141-1142-1143-1144-1145-1146-1147-1148-1149-1150-1151-1152-1153-1154-1155-1156-1157-1158-1159-1160-1161-1162-1163-1164-1165-1166-1167-1168-1169-1170-1171-1172-1173-1174-1175-1176-1177-1178-1179-1180-1181-1182-1183-1184-1185-1186-1187-1188-1189-1190-1191-1192-1193-1194-1195-1196-1197-1198-1199-1200-1201-1202-1203-1204-1205-1206-1207-1208-1209-1210-1211-1212-1213-1214-1215-1216-1217-1218-1219-1220-1221-1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INTERNATIONAL

RHYTHMIC PROGRAM REPORT

By Andrea B. Schmid

During our recent Rhythmic International Invitational three meet time, great strides were made in proving to the world that the United States is on its way up.

The competitors were scheduled very close together, which made for a tiring trip. In spite of this, our young stars earned a great deal. The team, composed of Lydia Bari, Michelle Bender, Valorie Zarnung, Olympic Coach Alla Ibragimova, and myself, took to the air for Bulgaria on May 4, from JFK Airport, New York.

The exposure and experience the team gained by competing against the best in the world greatly enhanced our international recognition in the sport. It also gave our talented coaches, Ibragimova and Zana Mamonova, a chance to measure our progress as preparation for the Olympic games in Los Angeles.

Because of our poor flight connections to Bulgaria, we arrived in Sofia the evening of the 5th meet's scheduled. The other 24 competing countries had already been there for two or three days.

With just an overnight rest, we began competition the next day. In the morning we arrived at the arena for a light workout and a 15 minute rest on the competition floor.

Our team looked good. We went to find out later that Lydia's liver was due to a kidney infection. She missed the competition and was so ill she could not even attend the meet to observe. Many thanks to the Bulgarians for their doctors and their humane help.

BULGARIA

The JULIETTA CHICHMANOVA INTERNATIONAL TOURNAMENT was held in Sofia May 6-8, 1983. Each of the 24 nations sent one of their best competitors. The level of competition was very high, and as usual, the Bulgarians were successful. Their gymnasts completely dominated the individual and all-around events.

Winning with a fantastic score of 39.425, Lily Ignatieva also swept four places in all four events. She was followed by her teammate, Anasta Ralcheva (39.125) who placed second on each event.

Valerie and Michelle looked confident and performed to below their capabilities at this meet. Both dropped the club three times in the event I was judging; in addition, Michelle and Valerie each dropped the hoop once.

Valerie received scores of 5.825 (hoop), 5.400 (ball), 5.825 (club), 5.425 (ribbon), a total of 22.475—24th place. (Note: These strange scores mean the result of a new judging experiment—whereby five judges scored each routine in addition to the superior judge. The lowest and highest scores were discarded and the three middle scores then averaged.)

AUSTRIA

Wolfgang Moersdorf hosted the AUSTRIAN INVITATIONAL MEET on May 11, 1983. Both Valerie and Michelle were feeling and looking good. Still more, Lydia competed in an alternate. Six countries participated in this meet: Austria, Hungary, New Zealand, Holland, West Germany, and the United States. Michelle and Valerie triumphed by winning three out of the five free places. They demonstrated excellent execution, elegance, artistry and feeling. I have never seen them perform with such grace and dynamic energy.

Valerie's consistent performance was her all-around honors, scoring a 37.59. She also received the top-score in the more B-50s for her beautiful ribbon routine, and placed second in the ball and club competitions.

Michelle began the competition winning the first two events, the hoop (39.40), and ball (39.40). She placed second on clubs 39.35, but her ribbon routine helped the accuracy reported, thus coming a 39.10 for fourth place. If Lydia had entered in a competitive rather than in an alternate, she would have placed eighth in the all-around.



Michelle Bender and the rest of the U.S. team spent the week in the international competition gaining useful experience. (photo by Dave Clark)

Although we showed some inconsistency, we also showed that we have great potential. Our score averaged more than a point higher than in the 1982 competitions.

Two panel judges officiated the all-around, hoop and ball routines, followed by the club and ribbon events. Each panel of three judges scored the routines. The three scores were added and then averaged to arrive at the final. I was involved in both the ball and ribbon events.

FRANCE

Every year, Carbel—Bannan hosts the VERONIQUE DE REUSTOFFY INTERNATIONAL TOURNAMENT. This year it was held on May 13-15, 1983. The top three gymnasts from 28 nations took part in this competition. In the last World Championships, 51 nations participated; Canada, China, and Mexico were absent from this competition.

All the nations who competed in Bulgaria, except Canada and Greece, competed here. In addition, five other nations joined the competition. They were Israel, Denmark, England, Israel and Sweden. The meet was very well organized under the leadership of Jeanne Knecht, F.I.G.—President for Rhythmic Gymnastics.

The judges showing took place the day before the competition at the rehearsal meeting. I drew no judge long in the preliminary meet and also served as a head judge for ribbon in the final.

The U.S. team completed very well overall but under the pressure of this big meet showed some inconsistency. The Bulgarians dominated the meet winning all the medals (10 Lily Ignatieva—top score in all events—39.20; 11 Daria Geraschenko—38.85; 11 Dilyana Geraschenko—38.50; 12) Michelle Bender—38.45, 13) Valorie Zarnung—38.35, 14) Lydia Bari—37.70.

I was pleased with our team performance. Although we showed some inconsistency, we also showed that we have great potential. Our score averaged more than a point higher than in the 1982 competitions. We received many compliments as to how much we improved and how good our girls were. Handling the pressure of a major competition will come with more international experience.



GYMNASTS JOURNEY TO LA '84

McDONALD'S CLASSIC USA vs. USSR



USA vs USSR 1983

By Mary Wright

When the Soviet men's and women's gymnastics teams were invited to the USA for a much sought after competition, the Americans involved hoped to compete against some of the USSR's top gymnasts. They were very surprised to see that the Soviets sent their seven top ranked men and seven of the top 10 women. This was a frightening, yet unbelievably exciting, line up of the world's very best.

Obviously, the men led by 26 year old Dikatin were here to assess the arena where they would be competing for the gold in the Los Angeles Olympics in 1984. The youngest and perhaps the most outstanding performances were exhibited by Oleg Bolkoshevich who at 17 was remarkably calm and consistent. The women team on the other hand, was comparatively young with ages ranging from 14 year old Schumakova (the Jr. Soviet Champion) to 17 year old Mostapenkov. Age however was of little consequence to this highly talented and very experienced team.

The American men were eager for competition and were ably led by UCLA's Peter Vidmar. It was a strong USA team and possibly the nucleus for the upcoming World Championships. The women team had the strength and quantity of Kathy Johnson and Julianne McNamara and were well represented by 14 year olds, Michelle Dussemont and Penny Butek. Indeed, it was the inexperienced Dussemont who performed in front of her hometown fans and won the bronze in the all-around behind two of the Russians.

The men's and women's all-around competitions were held at Loyola Marymount University on April 22nd and 23rd and the men's and women's individual event finals were held in Pauley Pavilion at UCLA on April 24th. The meet was organized and hosted by the SCATs of Thousand Oaks, California, and sponsored by the McDonald's Corporation and Nissan Motor Corporation. It was sanctioned by the USGF and the ABC television network covered the event.

To organize a meet of this magnitude takes hundreds of working hours from the diplomatic communications between the SCATs, USGF and the Soviet Union to the seemingly impossible tasks performed by the SCATs parent organization.

The Coordinators for Gymnastics for the Olympic Games, Richard and Hyla Benets, were involved throughout and were always eager to learn the ropes of this wonderful sport.

Cheryl Grace was the USGF representative and worked closely with Richard McLean on the technical aspects of the meet. The great voice of Jim Clark was apparent during the meet as the Commentator.

It was a cool evening and the men warmed up in the Loyola Gymnasium waiting for their moment of expertise. The crowd was not large - in fact just over half of the arena seats full. The newspapers had given us no support and the advertisements for this major international event had been running for almost a month.

OK.

Korolev was top scorer for this event with a 9.85. He executed double layout, 2nd pike double front, 3rd pass full backbuck, Truly an incredible performer and present champion of the USSR, Mitch Gaylord and Peter Vidmar (USA) and Beloshechev USSR, all scored 9.85. Gaylord's unique style impresses both the judges and audience. He moves constantly the first half of his routine and his layout pike full in was excellent. His form is much better now and his tumbling is always very high. Vidmar had a good landing on his full in and struck his double back 2nd pass. His work is very clean throughout and he dismounted double pike. Beloshechev mounted pike full in and does a super Thomas full into a double pike on his hands to finish in a wide inverted hold. It seems double backs are very common final passes.

Personal Home

A 9.85 was shared between Vidmar and three Soviets: Korolev, Beloshechev and Artemov, and the scores from the other gymnasts were all very high. Dan Connolly from Co. San Norberto leads the USA, holds their own against the Soviets on this event. Marianiore displayed excellent form throughout a very difficult routine which went through the handstand twice and his score of 9.85 was perhaps too low. Artemov performed with fantastic amplitude with tremendous difficulty but was not as precise as Marianiore. Korolev had to prove his handstand a little but his form was impeccable. Dan says "Pommel horse is in a stage of transition with handstands being done but very few are able to go to handstand in a flowing and continuous way." Beloshechev was simply fantastic, extremely original but had a slight deduction when he hit the horse. Vidmar has good form as is his trademark along with a very difficult routine. His work is "very precise, not as exciting, but no place to deduct," says Connolly.

Rings

Jim Harkins scored a 9.95 for a routine which showed much strength and he held his hand parts when necessary. He was solid and stuck his 4 in 6 out element. Gaylord and Beloshechev shared a 9.9. Gaylord has an exciting routine finishing with a triple



Nikolai Andrianov (above) dismounts from the pommel horse.

Andrianov's dismount (above) is shown demonstrating a Thomas full in the floor exercise. Artemov finished fifth overall. (photo by Dave Kink)

back dismount. The crowd whistled their approval for this American star and Connolly, who was Gaylord's former high school coach, said "That's my boy." Biloszerchev had a weak dismount, double layout, for an otherwise super strength, form, and every routine.

Vault

A 9.85 was the top score for this event and it was achieved by five gymnasts. Artemov's piked front with V twist had excellent form and height whereas Kozlov, who performed the same vault for the same score had leg bends and a lower landing. Biloszerchev's handspring front with V twist was in layout position and should have received a higher score for an excellent vault. The other two 9.85's were awarded to Gaylord and Johnson for their full twisting layout take. Johnson had a small step on landing while Gaylord stuck his. Both were excellent vaults.

Parallel Bars

Scott Johnson performed the routine of his life with great sequences, impeccable form and a stuck double pike dismount. He received a 9.95 to be the top scorer on this event. 9.8's were awarded to Martusalek, Artemov, who was possibly the best back spruce to back snare ever, and Kozlov whose giant sequence was super but was slightly off his best form. America's Vulmar also received a 9.85 for a well constructed dead and very original routine. It's interesting to note that over five scores (the USA totaled 49.10 to USSR's 49.00) a very close and exciting event.

High Bar

Peter Vulmar had high score on the last event of the evening. He was also the last performer of the evening and his routine which included three releases was dynamic and exhilarating. The score between the two countries was very close and crowd was disappointed when Gaylord sat down on his triple flyaway after displaying an exciting routine. Mario McCutcheon was first man up for the USA and his 1 arm reverse flight was just fantastic. He undoubtedly has the best form of an American male gymnast and if he had gone up towards the end of the line up his score of 9.8 would almost certainly have been higher. Martusalek's 1 arm giant, 1 arm prostatic, 1 arm blind change to Higgins roll was fantastic. Tim Daggett also received a 9.85 for a great routine with very difficult skills very well executed. Dittala scratched this event because he had twisted his knee the first day of training and Malons, the alternate, was apparently even more hurt than Dittala.

Final Score — USA 293.00 USSR 293.00



First place finisher Yuri Kurodin (above) prepares to finish his new vault during the USA USSR meet. Kurodin received a 9.85 in this event. (photo by Dave Black)



Denis Biloszerchev (above) shows his version of the Thomas Flare on the jammed horse. Biloszerchev finished second overall.

WOMEN'S REPORT

Vault

It was evident the Russians were not going to give away any points for execution. They demonstrated precision and control with legs always together and toes always pointed. They also showed much better discipline in their landings. The American girls performed equally difficult vaults but generally did not perform them as well.

Julianne McNasara competed an excellent full twisting tucked take to tie for first place with Olga Kostegirova who performed a layout vault. Olga's form was excellent, legs were together, toes pointed and a stuck landing. Julianne was the only American vaulter who displayed the same precise form as the Russians. They both scored 9.8. Four girls received 9.75. Tracie Takekura, Lena Breshnikova and Albina Shishova all stuck a round off full twisting tucked take and each scored 9.75. Patricia Bilek scored a 9.75 for her high full twisting tucked take.

The Russians displayed more depth having to count a low score of 5.7 to USA's low score of 9.95.

Uneven Bars

Both countries had problems on bars with the USSR having two girls break and one girl fall while the Americans had one cover up routine and three girls fall. Breshnikova's 9.75 was high score on



bars she showed strength and swing with her giant 1½ twist and a free hip back back dismount. Mostepanova scored a 9.7 executing a giant reverse front where she hit the bar with her foot but otherwise performed a solid routine. Michelle Dusserre and Kathy Johnson scored a 9.65. Kathy swung well and executing a detache and a flying full dismount. Michelle was a little shaky on her front sidder mount but did a nice Higgins roll. Immediate step front and a stalker front with a ½ dismount.

Beam

The elegance of the Russians on beam was matched with the aggressive style of the Americans. Tracy Tumura dominated this event like a cat with the business of a cat while making everything look so simple. She was scored a 9.8 on this event just .05 behind Alla Shikova who demonstrated very risky elements, e.g. a round off back handspring mount, a very high well balanced round off back

and an impressive double back dismount. Olga Mostepanova also scored a 9.80. This gymnast is so flexible and has so much control.

I was extremely impressed with her amplitude and her style. She's the most beautiful beam worker since Svetlana, also from the Soviet Union. Julianne performed well on the beam but sat down on her dismount to score a 9.45. Gina Skalko had a fall on her round off back but the rest of her routine was very good. She moves well on beam with excellent dance combinations and is one of the USA's top performers on this event.

Floor

I was disappointed in the choices of music. — the choreography of the Soviet routines. In contrast the American girls all had excellent arrangements and choreography. However, the girls from the USSR had more difficulty as a team and their execution was flawless. To score on this event was Julianne with a 9.9. Her music,



a Hungarian. Rhythmic had good changes of pace and rhythm and Jellene worked well showing good contrasts of gypsy dance to more soft flowing movements.

She finished with a good full on, 2nd pass triple full, 3rd pass double full. Shishkov and Proeva tied for 2nd with 9.85, both executing piked full in pass, and piked double back for last pass. Both Mostepanova and Deserre received boundary deductions and both scored 9.65.

Mostepanova has a beautiful routine, very expressive bodily and very dynamic. She is a combination of Doreen and Filizora and is simply exquisite. Gina Stallone has a new routine performed to "West Side Story." It is very dynamic and quite the best routine she's competed. She mounted double pike and dismounted double back showing good strength and vibrant dance combinations throughout.



Michelle Deserre (above) won the youngest of the USA team placing as a tie for third place. (photo by Dave Block)



Julienne McNamara did a 9.9 score on the floor exercise to help her to a fifth place finish. Above the dismounts on aerial, first contender on the balance beam. (Photos by Dave Black)

It was obvious the major difference between the Soviets and Americans in the Soviets give no points away. They are the best in the world at this. Their form is always perfection personified. Their toe point, leg extension and simple body alignment is a pleasure to watch.

We have gymnasts who can perform equally as difficult routines but we have so few gymnasts who can perform them as well. It is imperative we work on this, not only on the gym during training but routines with better execution must receive justification from the judges when they compete. Otherwise, this problem we have

nationally will not receive the attention it deserves.

Men and Women Finals

The men's and women's finals were held on April 26th at UCLA's Pauley Pavilion before a crowd of 5,000 people.

The Soviet team marched in and were loudly applauded by a most appreciative audience. Then the Americans marched into a standing ovation. The people cheered and applauded their countrymen realizing that these same gymnasts could be marching in to this same arena just 15 months later, wearing their USA sweats with the pride and dignity which only they can sense, for the many many years of hard work, of frustration, of pain and fear, of humble pride and of the sense of accomplishment which is justly theirs.

Thus the competition between these two great countries began, with an atmosphere in the air that was electrical and a hush fell over the crowd as the first performer was preparing to begin men's floor exercise.

Men's Floor Exercise

Stephen Martinkov and Mitch Gaylord scored 9.8 to tie for first place. All of the finalists performed excellent but in some of which were second places and Yuri Korolev dominated with a full, second pass was a handspring double front somersault and first pass was an average double layout. He stepped out of bounds however and his 9.7 was good for a fourth place finish.

Vladimir Artemov was third with a 9.75 for a clean routine. Martinkov's double twist to immediate punch front was exciting and his form was very impressive. Mitch's piked full in was a little short on landing but his double back dismount was high and his aggressive style made him popular with both the judges and the crowd.

Women's Vault

Stishova won a very close contest here beating out Julienne McNamara and teammate Olga Mostopanov by a mere .025. Her two vaults, round off layout oak and round off full twisting oak oak were well executed and showed excellent discipline in the landings. Julienne scored 9.75 for both of her vaults, a layout oak oak tucked full twisting oak, which were executed with precision and control. Olga also scored 9.75 for her two vaults, a full twisting layout oak and a nicely done piked oak.

Men's Pommel

Dmitri Biletschew quickly became the crowd's favorite as this 17 year old youth combined with risk and dynamics throughout the evening. On pommels he's considered the best in the world with a routine that contains extremely original moves done with incredible amplitude and he was rewarded with an almost perfect 9.95.

Vladar also executed an extremely difficult routine and according to Dan Connolly shows a "very precise, not as exciting, but no place to deduct" routine. Artemov placed third with a 9.8 performing a very difficult routine including two restance travels in file.

Women's Uneven Bars

The 1988 took all three medals on this event with Shadov winning the gold, Biletschew the silver and Mostopanov scored 9.8 for a routine that was identical to the previous day. Her giant 1/6 pirouette was super as was her swing and good form. Mostopanov again had trouble with her reverse hook, hitting her leg and not attaining much height. Her score of 9.75 just edged out Kathy Johnson's 9.7. Kathy worked aggressively and showed good swing in her releases and flyaway full twist.

Julienne McNamara again had problems with her from saddle to front release and had to take a fall. Her score of 9.45 was the result of an otherwise perfect routine.

Men's Rings

Mitch Gaylord and Biletschew fought it out for the golden rings both scoring 9.9 for exciting, dynamic routines. Mitch's triple back dismount highlighted a routine that was unbelievable. His control and strength on this event was superb and his 9.9 was well deserved. Biletschew showed super strength, form and swing but managed a weak dismount (double back) for an otherwise excellent routine.

Jim Hartung and Yuri Korolev both scored 9.85. Jim holds his strength points and has a very solid position combining a giant 6 and 1/2 out double back dismount. Korolev's routine was so much

better than in the all-around competition and he managed his uneven bars with ease. The USA and USSR fought it out again for a tie in 5th place where Scott Johnson and Serghei Muraviev both scored 9.75. Scott finished his routine with a super double twisting double back.

Men's Vault

Bilodeau scored another almost perfect 9.9 average on vault. His first attempt was a handspring piked front with 1/2 twist. It was absolutely fantastic. He stuck the landing and scored 9.95. His second vault was a full twisting layout that which was slightly piked and scored 9.85.

Kozlov placed second with a piked handspring front with a 1/2 twist which was awarded a 9.85. His second vault a layout took was quite low but scored 9.6 on an average of 9.625. Scott Johnson and Mitch Gaylord tied for third with an average score of 9.40. Scott scored 9.45 for his layout took and 9.75 for a low full twisting back. Meanwhile Mitch scored 9.4 for both his vaults, first was a good full twisting layout took and his second was a layout took.

Women's Beam

The beam event was dominated by the Americans with Tracey Talbot winning with a 9.75 and Michelle Desrosier placing third with 9.65. Tracey, as always, was aggressive and cool displaying great combinations and risky elements. Alla Maska was second executing two back handsprings to a layout and high double back dismount. Michelle is the only gymnast competing a triple twisting dismount off beam and this coupled with her high back handspring layout and side flip earned her the bronze medal.

Men's Parallel Bars

Bilodeau tied for yet another gold medal with his 9.9 routine which included Thomas flies and a giant. His originality and amplitude eventually won over the American judges as he deducted him for having his feet on the ground in his giant. It was determined by the jury however, that the Russians were too high on the deduction for hitting the mats were scored.

Peter Vidmar, on the other hand, performed flawlessly with a very original set dismounting with an impressive double pike nosewalk. His routine was well constructed and the crowd was behind him all the way. Kozlov's 9.8 edged out Tim Duggert 89.75 for the bronze. Scott Johnson had scored a 9.95 for his routine in the dual meet but couldn't put it all together for Beam where he scored a disappointing 9.5.

Women's Free Exercise

This was an exciting final especially for Kathy Johnson who was told only minutes before the event that she would be performing. This was due to the fall Julianne McNamara had taken on her beam dismount, a fall which took her out of the remainder of the competition and allowed Kathy to perform. Tatiana Fokova won the gold with a full in mount and double back dismount. Her choreography could have been better but her execution was flawless. Right behind her with 9.8 was Kathy and Michelle Desrosier. Michelle mounted with a full in second pass triple twist and third pass a double twist. She performed well on a piece from All That Jazz and was well received by the crowd.

Kathy's routine was elegant and crisp and personified as she touched the crowd with her movements and feelings for her music. She is one of the very few gymnasts able to "reach out and touch you" while she performs. She mounted with a high double pike and dismounted with a double back earning a well deserved silver medal.

Men's High Bar

Mitch Gaylord tied Bilodeau with a 9.95 on this most exciting of men's events. Mitch's routine is aggressive and well constructed finishing with a high triple flip over and displaying tremendous amplitude in his releases. Bilodeau was equally as dynamic and they were the crowd's favorites at 9.95. Peter Vidmar displayed his consistency with another great performance and scored 9.85 to tie with Muraviev. Peter's three release moves were well executed and kept the crowd on their toes wondering what he would accomplish next.

Mario McCauley's fantastic one arm giant to reverse flych was incredible. The men's high bar was indeed a great way to finish this competition between such powers as the USSR and the USA.

Men's Results — USA vs. USSR

Champion per country		Score		Points		Total		Points		Total	
Results on floor in an exhibition											
1	USA	49.4	49.75	49.95	49.05	49.1	48.75	49.45	49.45	49.45	49.45
2	USSR	48.4	48.45	48.75	47.95	48.4	48.45	48.45	48.45	48.45	48.45
Champion produced		Score		Points		Total		Points		Total	
Results on floor in an exhibition											
1	USA	49.4	49.75	49.95	49.05	49.1	48.75	49.45	49.45	49.45	49.45
2	USSR	48.4	48.45	48.75	47.95	48.4	48.45	48.45	48.45	48.45	48.45
3	USSR	47.4	47.45	47.75	46.95	47.4	46.95	47.45	47.45	47.45	47.45
4	USSR	46.4	46.45	46.75	45.95	46.4	45.95	46.45	46.45	46.45	46.45
5	USSR	45.4	45.45	45.75	44.95	45.4	44.95	45.45	45.45	45.45	45.45
6	USSR	44.4	44.45	44.75	43.95	44.4	43.95	44.45	44.45	44.45	44.45
7	USSR	43.4	43.45	43.75	42.95	43.4	42.95	43.45	43.45	43.45	43.45
8	USSR	42.4	42.45	42.75	41.95	42.4	41.95	42.45	42.45	42.45	42.45
9	USSR	41.4	41.45	41.75	40.95	41.4	40.95	41.45	41.45	41.45	41.45
10	USSR	40.4	40.45	40.75	39.95	40.4	39.95	40.45	40.45	40.45	40.45
11	USSR	39.4	39.45	39.75	38.95	39.4	38.95	39.45	39.45	39.45	39.45

Women's Artistic Gymnastics — USA vs. USSR

Champion per country		Score		Points		Total		Points		Total	
Results on floor in an exhibition											
1	USA	49.4	49.75	49.95	49.05	49.1	48.75	49.45	49.45	49.45	49.45
2	USSR	48.4	48.45	48.75	47.95	48.4	48.45	48.45	48.45	48.45	48.45
Champion produced		Score		Points		Total		Points		Total	
Results on floor in an exhibition											
1	USSR	48.4	48.45	48.75	47.95	48.4	48.45	48.45	48.45	48.45	48.45
2	USSR	47.4	47.45	47.75	46.95	47.4	46.95	47.45	47.45	47.45	47.45
3	USSR	46.4	46.45	46.75	45.95	46.4	45.95	46.45	46.45	46.45	46.45
4	USSR	45.4	45.45	45.75	44.95	45.4	44.95	45.45	45.45	45.45	45.45
5	USSR	44.4	44.45	44.75	43.95	44.4	43.95	44.45	44.45	44.45	44.45
6	USSR	43.4	43.45	43.75	42.95	43.4	42.95	43.45	43.45	43.45	43.45
7	USSR	42.4	42.45	42.75	41.95	42.4	41.95	42.45	42.45	42.45	42.45
8	USSR	41.4	41.45	41.75	40.95	41.4	40.95	41.45	41.45	41.45	41.45
9	USSR	40.4	40.45	40.75	39.95	40.4	39.95	40.45	40.45	40.45	40.45
10	USSR	39.4	39.45	39.75	38.95	39.4	38.95	39.45	39.45	39.45	39.45
11	USSR	38.4	38.45	38.75	37.95	38.4	37.95	38.45	38.45	38.45	38.45
12	USSR	37.4	37.45	37.75	36.95	37.4	36.95	37.45	37.45	37.45	37.45



Shirley Mitchell (USA) dismounts from the high bar, takes time out to offer some love of the men a piece of advice during the 1984 Olympic meet. (Photo by Dave Smith)



The competition was followed by a banquet, and Monday and Tuesday were spent sightseeing and enjoying the hospitality of the UCLA Bruins and the SCATS. The Soviets' barbecue at UCLA, enjoyed the live acts at Universal Studios, the ice-cream sundries between the infamous rides at Strawberry Farm and enjoyed the beach and workouts at the SCATs gym.

This dual meet was one of the highest caliber and was run most efficiently by the Meet Director Richard McGraw and his lieutenants Cheryl Grace and USAF Director, Michael Jacki.



FEAR

AND THE PRE-SCHOOLER

By DAN FRIEDRICKS

The premise for this article lies first with the concepts that fear management training is important to the beginning gymnasts, with the surge of preschool programs, fear should begin there, and fears are very much evident in pre-school age children.

FEAR AND THE PRE-SCHOOLER

Pre school gymnastic programs which successfully deal with fear share two important concepts. They are cognizant of the fact preschoolers do exhibit fear and they have a need for special methods in dealing with these fears. Identifying these concepts is essential for only then can the proper strategies be designed for fear management in the pre school gymnast.

Fear is a natural emotional phenomenon (Mazzone 1976b). It is found in everyone and is constantly with us in some degree acting as a protective device against danger. Fear can be described as a reaction to insecurity, usually to a new or threatening situation (Gesell 1977). In the young child, the diluted response of fear, which is of primary concern to the coach is withdrawal. In order for the child to remain actively participating, they must be free of any insecurities strong enough to cause withdrawal. It is essential, then, for the coach to prevent or eliminate fear in these young gymnasts to avoid their withdrawing from activity and consequently nullifying the learning process.

Fear of bodily harm is exhibited as early as five years, and increases until seven years before the child begins to control it.

Attention to fear in gymnastics is usually directed towards that of fear of bodily harm and injury, and rightly so, for the obvious reasons of self-protection for athlete (life and limb) and coach (liability). This type of fear is a learned reaction which can be acquired not only through a previous bad experience but also through observing and identifying with another's experience (Rikard and Weiner 1978, Hetherington and Palfie 1975). A child witnessing another that is hurt or frightened may likewise be intimidated from a gymnast, anxiety inaccurately sensed by the student in connection with these two criteria can elicit the withdrawal response. Important to remember here is that because of the child's lack of previous experiences and cognitive development, i.e. maturity, the danger need only be perceived to be real.

Gesell (1977) indicates fear of bodily harm is exhibited as early as five years, and increases until seven years before the child begins to control it. He also notes the age of five and one half years is an extremely fearful age. Weiman (1978) also supports this concept, indicating pre-school age children have many fears. These statements, then, seem to repudiate the dictum of fearless pre-schoolers!

Although the fear of bodily harm and injury is of great importance to both the gymnast and coach and is given the most attention, there are other fears which can equally affect the pre-schooler's learning experiences.

As the child matures, his previous experience and cognitive development aids in distinguishing between real and perceived fears. What once caused them trepidation no longer threatens them. Conversely, what once did not make them withdraw may do so now.

Although the fear of bodily harm and injury is of great importance to both the gymnast and coach and is given the most attention, there are other fears which can equally affect the pre-schooler's learning experiences. Among the identified fears that can be important in the gym are the fear of strangers, loss of balance, falling, ridicule, peer disapproval, separation, failure, heights and of being laughed at. These should be seriously considered when working with pre school gymnasts.

Fear need not be entirely thought of as a detriment to gymnastic success. Actually fear plays a vital role in gymnastics and can act as a safety measure for avoiding dangerous falls or accidents from occurring. Therefore, the gymnast needs to understand the safety measures to be employed and the ramifications if neglected. When discussing safety measures with the students, they should be firmly but matter-of-factly stated: Too much emphasis on the negative aspects of safety should be avoided as this may create an atmosphere where the students are too apprehensive and, therefore, hinder learning and performance.

AVOIDING FEARS

The most practical and efficient solution to any problem is to eliminate the initial cause of the problem. Although sound in theory, this concept can prove well worth the effort spent when considering the amount of time the adverse effects of fear can take away from a gymnast's practice sessions. The time used to the prevention of fear in the early stages of training will be worth this extra effort, when the gymnast is faced with fearful situations associated with more advanced skills. When faced with such a fearful situation, the gymnast will remain in the activity without withdrawing and, therefore, conserve practice time. Also significant is the fact less time will need to be devoted to fear management strategies if withdrawal should happen to occur.

As mentioned, fear is a reaction to insecurity. The two main hindrances in dealing with insecurity in the pre school child are attributed to their lack of previous experiences and lack of effective cognitive development. When the young children cannot adequately find security in themselves, due to lack of the aforementioned criteria, they look to their parents or other accepted adult figures for it. In the gym, it is the coach who is required to give this security to the child.

For the moment, place yourself in the position of a pre school child being led into a vault which is called a giant, many times larger than any

Mark Galt (left) concentrates on his grip on the bar. (Photo by Dave Black)

living room you've ever seen, containing strange, forloding equipment with strangers around. Compared this by the fact you are now being separated from your parents and you can imagine why these children feel so insecure on their first arrival.

The first step a coach can take to nullify these insecurities is to make an extra effort in the initial classes to ensure the students will gradually accustom themselves to these perceived new and threatening stimuli.

The friendliness and supportiveness shown by the coach will be very important in giving the pre-schooler a sense of security to help overcome his initial fears. After the coach/student rapport has been established, the next step is to slowly familiarize the student with the physical aspects of the gym. Gradually becoming acquainted with the equipment, students and activities, combined with trust in the coach, will do much to give the student a sense of security for his initial fear management.

When initially trying to become acquainted with new students and of alleviating their insecurities, an often employed approach to reaching the students is through humor and laughter. Laughter may break down barriers between the students and coach only if it is not directed at a student. When employing humor it is imperative that at no time should a child feel that he or she is being laughed at (Lorena (1966)), in his classic work "On Aggression", emphasizes the importance of this concept stating "...laughter can turn into a very cruel weapon, causing injury if it strikes a defenseless human being unexpectantly. It is referred to laugh at a child" (ibides supplied).

After the initial steps have been taken to develop the student's trust in the coach and security in the atmosphere of the gym, the next step is to make the child secure in the physical activity itself in other words to gain self confidence through successful experiences eliminating the chance for fear to become detrimental. Of major concern here are the methods described by Massimo (1975a, 1981a), namely: the use of progressions, correct spotting, and the gymnast's physical preparedness. There are two main indications for the use of progressions.

First, because the trials are graduated, it gives the gymnasts self confidence when successfully accomplishing basic activities which will be used by the child in experience references when faced with further challenging skills. Secondly, progressions will make the activities safer. Any falls or accident which should occur or will prove to be less traumatic to the child thereby leaving less chance of the resultant fear response from occurring.

Progressions, therefore, are the main aid in giving the child a repertoire of safe and successful experiences with which to build upon. However, correct use of spotting and the gymnast's physical preparedness as well as the proper use of mats and good equipment, are also important factors to be employed for promoting self-confidence and safety.

FEAR MANAGEMENT STRATEGIES

Fears are found in everyone to a certain degree throughout life. Even if preventive measures to avoid fears are employed, the young gymnasts may still exhibit various degrees of fear (although these fears should be fewer and less intense if preventive measures are used.) To aid the gymnasts in adequately moving any fear acquired in the gym, the coach will need to understand and to utilize several basic fear management strategies.

The first step a coach can use following a fearful situation is to give the student extra encouragement and support. This additional reassurance may be all that is required for the gymnast to overcome an insecure situation and to participate again. Note the child is encouraged not forced into participation.

Forcing the issue on a child who is not emotionally (or physically if trauma has occurred) ready will merely aggravate an already fearful situation and may intensify their withdrawal. Needless to say, using ridicule or humiliation is detrimental when encouraging a child to participate and should be avoided.

The next step a coach can take to alleviate a fearful situation from arising is to have the gymnast step back in the skill progression, thus keeping them actively participating at a level where they are secure. The child then goes through the progression again so they gain security through safe and successful experiences. If the student is at such a point where few or no steps in the progression can be taken back, the coach will need to simply familiarize the gymnast again with the fear-provoking object or activity.

We see that the child's natural reaction to fear can be instinctively resolved through their own equanimity (i.e., competitive return). The coach can then simply allow nature to run its course as the child's return should be merely a matter of time with the coach's support. To hasten this competitive return, the coach may take yet another step. Knowing that young children will be drawn back to an activity more rapidly when there are fearless models to observe, (Hetherington and Parker 1975) the coach simply designs lessons where the gymnast can identify and be with other fearless children.

The above mentioned strategies should help the young gymnasts adequately manage their basic fears. For managing deeper rooted fears or phobias, more specialized and intense methods need to be used in conjunction with a professional.

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TEAM PRELIMINARIES

[illegible]

VAULT						
NAME	PRELIM.	FINALS		TOTAL	SCHOOL	
Angel	4	66	54	58	120	1 Belmont
Chen	4	58	57	58	115	1 Chattanooga
Wickham	4	58	58	58	116	5 Lebanon
Johnson	4	58	58	58	116	4 Belmont
Wick	4	58	57	58	115	4 Lebanon
Johnson	4	58	58	58	116	5 Lebanon
Wickham	4	57	58	58	115	4 Lebanon
Wickham	4	57	58	58	115	4 Lebanon
Wickham	4	57	58	58	115	4 Lebanon

PARALLEL BARS						
NAME	PRILES	SCORALS			TOTAL	SCORES
James (1st)	100	100	100	100	300	100
John (2nd)	100	100	100	100	300	100
John (3rd)	100	100	100	100	300	100
John (4th)	100	100	100	100	300	100
John (5th)	100	100	100	100	300	100
John (6th)	100	100	100	100	300	100
John (7th)	100	100	100	100	300	100
John (8th)	100	100	100	100	300	100
John (9th)	100	100	100	100	300	100
John (10th)	100	100	100	100	300	100
John (11th)	100	100	100	100	300	100
John (12th)	100	100	100	100	300	100
John (13th)	100	100	100	100	300	100
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20. Albany	100-100-100	1	100	100	1	100	1	Albany	

TEAM FINALS

UCLA

TC	Longwell	50	75	100	150	200
Case-C	10	10	10	10	10	10
Engage	10	10	10	10	10	10
Compare	10	10	10	10	10	10
Police	10	10	10	10	10	10

PE	Example	90	80	70	60	50	40
General		92	84	75	65	55	44
City-C		82	74	64	54	44	36
Agg. 90		92	84	75	65	55	44
Urban		86	78	68	58	48	38

[illegible]

T	Twelve	50	91	80	50	100	20
	Case-C	50	95	85	55	100	20
	Jason	70	77	59	37	170	7
	Valerie	50	58	39	29	100	2
	Conrad	2	10	0	1	200	0

PG	Category	01	02	03	04	05/06	73
	Campanelli	50	20	11	11	140	12
	Bell	12	04	07	02	112	1
	Calabria	14	11	04	03	111	4
	DeLuca	04	01	02	00	100	1

Year	Admission	Dropout	Graduation	Transfer	Other	Total
1997	107	10	89	11	880	1,107
1998	106	10	88	14	875	1,103
1999	101	10	87	14	876	1,108
2000	106	10	88	10	880	1,104
2001	105	10	88	10	880	1,103

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1983 CONGRESS PROGRAM

SCHEDULE OF SESSIONS*

October 5-9, 1983

Wednesday

9:00 am - 4:30 pm	Business Management & Opportunity Seminar	Gary Seibert Steve Cook
6:00 pm - 10:00 pm	Business Management & Opportunity Seminar	Gary Seibert Steve Cook

Thursday

9:00 am - 5:00 pm	Business Management & Opportunity Seminar	Gary Seibert Steve Cook
9:00 am - 5:00 pm	American Coaching Efficiency Program	Robert Jarvis Dale Gaudel

The above sessions are being presented immediately prior to USGF Congress

Thursday

6:00 pm - 8:30 pm	General Assembly	Nike Jacki
8:00 pm - 8:30 pm	Open Meeting	Nike Jacki

Friday

9:00 am - 11:00 am	Legal Aspects of Gymnastics	Wendy Appenweller Marc Salovei Jerry Grogan Bruno Klein
9:00 am - 10:50 am	Rhythmic Gymnastics Group Choreography Lecture/Demonstration	Dr. Zina Mironov
9:00 am - 11:00 pm	Elite Judging Clinic	Jacki Fu
11:00 am - 11:00 am	Men's Program	Frederic Allen
11:00 am - 11:15 pm	Rhythmic Gymnastics Regional Chairman	Andrea Salovei
11:50 am - 12:30 pm	Business Session	Gary Seibert Steve Cook
11:50 am - 12:30 pm	Club Base Training	Don Hayashi
11:50 pm - 1:00 pm	United States Association of Independent Clubs	Ed Kopper
12:30 pm - 1:00 pm	Rhythmic Demonstration	Dr. Zina Mironov
1:00 pm - 2:00 pm	Apexes Medicine	Dr. Irving Garlick
1:00 pm - 2:30 pm	Men's Program	Tom Gaudel Steve Cable
1:00 pm - 3:30 pm	Business Session	Gary Seibert Steve Cook
1:00 pm - 3:30 pm	Lecture/Demonstration	Dave Clark
2:30 pm - 4:00 pm	Elite Judging Clinic	Delores Green
3:00 pm - 4:30 pm	Rhythmic Gymnastics Compulsory Clinic	Maureen Broderick
4:30 pm - 6:00 pm	J. O. Boys Coaches Meeting	Robert Cowan
4:30 pm - 5:30 pm	Session/Demonstration - W	Greg Meisler Rigoberto Hernandez
4:30 pm - 5:30 pm	Proseminar	John Truett
5:00 pm - 6:00 pm	National Association of Women's Gymnastics Judges Membership Meeting	James Anichini

6:00 pm - 7:00 pm

6:30 pm - 8:00 pm

6:30 pm - 8:00 pm

6:50 pm - 8:00 pm

8:00 pm - 10:00 pm

8:30 pm - 10:00 pm

Saturday

9:00 am - 10:00 am

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4:30 pm - 5:00 pm

4:30 pm - 6:00 pm

7:00 pm - 8:00 pm

7:00 pm - 10:00 pm

Sunday

8:30 am - 9:00 am

9:30 am - 11:30 am

High School Coaches Association

National Women's Program
Coordinators (NWC) General Assembly

National Association Collegiate
Gymnastics Coaches (NACGC) - W

NACGC - M

NAC Regional Meeting

Elite Coaches Association

NACGC - W

Rhythmic Demonstration

Recreation

Introduction to the Proposed
1995 Junior Olympic Compulsories

NAC General Membership Meeting

Rhythmic Gymnastics
Judging Update

Pre-School Gymnastics

Elite Judging Clinic - W

J & O Boys Gymnastics
Coaches Association

Sports Medicine

Professional Program - ANP

Lecture/Demonstration

Men's Program

Men's Judging Introduction

Lecture/Demonstration

Women's Judging Session

Reception

Reception

Joint Certification
Committee Meeting

Introduction to Proposed 1995
Junior Olympic Compulsories

John Bialasewski

Linda Chesnicko

John Jacobson

Fred Turill

Jim Gask

John Jacobson

Shirley Hildard

Jeff George

Joint Certification
Committee

Lee Serrano

Norma Zibko

Andrea Schmidt

Gary Anderson

Debrae Darr

Jeff Lee

Dr. James Aronson
Gymnastics College

Larry Pie

Billy Johnson

Jim Howard

Max Witzel

Bill Rothstein

Ben Conner

Cheryl Gallow

Valerie Pritch

Joint Certification
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*Room assignments for meetings to be announced.



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WOMEN'S ARTISTIC GYMNASTICS— 1983 WORLD CHAMPIONSHIPS TEAM SELECTION PROCEDURE

I. QUALIFICATION

- Qualification to the Championships of the USA is through the USGF Elite Regional Zone meets and the USGF American Classic or US Classic (first and second elite national qualifying meets).
- Based on the All-Around Results from the 1981 Championships of the USA (combined compulsory and optional totals), the top twenty (20) Senior gymnasts will qualify to the World Championships Team Trials.
- The World Championships Team Trials will take place on September 8-10 in Eugene, Oregon.
- Preference to enter the Trials will be accepted with regard to injury status or representing the USA in an international competition during the same time period as Championships of the USA.

II. FINAL TRIALS

- Competitors at the Trials will be All Olympic compulsory exercises on September 8th and All optional exercises on September 9th. Final scores from the Trials competition will be determined from the combined total score of the eight (8) exercises.

III. TEAM SELECTION

- The All-Around scores from Championships of the USA will count 60% and the All-Around scores from the Trials will count 40% in determining an individual's overall final ranking, with the exception of petitioned gymnasts. Petitioned gymnast's Trials score will count 100% for the World Championships Trials; however, her score must meet

the new score as well as the total score in order for her to be invited among the top eight (8).

- Based on the combined total All-Around scores from Championships of the USA and the Trials (as stipulated above), eight (8) gymnasts in rank order will be invited to participate in the World Championships.
- Gymnasts 1-5 will be observed as starting positions in the World Championships. Gymnasts 5-8 will be among the competitors in the International Dual meet immediately prior to the World Championships. This competition will help determine the 5th and 6th starting positions and also help determine the make of the alternate final determination will be made by the National Coach, Assistant National Coach and a representative from the USGF Women's International Program Committee.

Based on the Minutes from the January 28, 1983 Women's International Program Committee meeting, the Executive Committee of the USGF has given the WIPC the authority if deemed necessary to change members of the team for just cause.

- The International Dual competition will take place in the Federal Republic of Germany on October 15-16, 1983.

IV. TEAM TRAINING

- Teams training will take place in the Federal Republic of Germany from October 16-19.
- The 1983 World Championships will take place from October 29-30, 1983 in Budapest, Hungary.

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USGF GYMNASTICS



UNITED STATES GYMNASTICS FEDERATION Schedule of Events (Dates subject to change)

Revised July 21, 1983

September 8-10 World Championships Team Trials (W/14) Bayside, OK	October 23-30 World Championships Budapest, Hungary	November 19 South African Cup (M/W) Victoria, South Africa	March 23-24 Class 1 State Championships TBA—Various Sites
September 30-25 RSC—2nd International Tournament in Japan Tokyo, Japan	October 24-Nov 5 RSC—World Championships Team Starting Camp Colorado Springs, CO	December 3-8 Chunichi Cup Nagoya, Tokyo, Japan	April 5-6 NCAA Women's Championships Los Angeles, CA
October 5-9 USGF Congress Washington, DC	November 2-5 V International Tournament in Gastein (W) Gastein, Austria	December 13-18 USGF Single Elimination Tournaments Bravo NV	April 6-7 Class 1 Regional Championships TBA—Various Sites
October 8 World Sports Festival (W/14/15) Tokyo, Japan	November 2-10 FIG Congress Strasbourg, France	February 17-18 3rd Elite Zone Meet TBA—Various Sites	April 12-14 NCAA Men's Championships Los Angeles, CA
October 14-15 Int'World Championships Dual Meet— Men France	November 3-7 International RSC Poles (M) Isle d'Yeu, FRG	March 2-5 1984 USGF American Classic TBA, (W)	April 13-14 1984 USGF Classic TBA
October 15-16 Int'World Championships Dual Meet— Women Federal Republic of Germany	November 10-13 RSC—XI World Championships Strasbourg, France	March 15-17 2nd Elite Zone Meet TBA—Various Sites	April 15-15 USGF Synchronized Gymnastics/National Championships TBA
	November 13-12 South African International (M/W) Durban, South Africa	March 17-18 McDonald's American Cup TBA—Various Sites	TBA
		March 28 International Mixed Poles	1984 USGF US Classic (W) TBA

USGF GYMNASTICS MAGAZINE DEPARTMENTS

In order to continue in providing our readers with the most diverse and comprehensive information concerning the gymnastics community, we have expanded the magazine's departments to include 20 new ones. Department members. These various Departments will be a continuing series. However, each Department does not appear in every issue. Year commitments to the following series of topics will be complete. Our original editorial staff and will help identify all those involved in the sport. The following are brief descriptions of each department. We look forward to your contributions. Please address such correspondence to:

Editors
USGF GYMNASTICS Magazine
181 West Washington Street
Berkeley, CA 94704 • Suite 1140
Berkeley, CA 94704-4324 USA

Contributors should include with their double-spaced typewritten manuscripts a brief personal bio, copy and a headshot photograph. Photographs and illustrations (if needed) should be black and white, with an attached description, photo credit, and a full address—complete envelope for their return by mail.

LETTERS TO THE EDITOR: Your comments, welcome and encouraged, and any advice are solicited. Articles, editorials, opinions or photographs from the magazine, national and international competitions, gymnastics history and/or future directions, USGF programs and services, etc.

USGF MEMBER ASSOCIATIONS: This department will publish biennially, strictly and completely an article concerning the 18 member associations which comprise the USGF.

BACKS: Will attempt to cover the basic elements needed for proper event gymnastics development—flexibility, dance, tumbling, strength, etc. This series encourages a variety of viewpoints and better definitions.

GUEST OPINION: Authors are encouraged to submit constructive comments or criticisms to the Editors of this magazine for possible publication. Manuscripts should be approximately 1950 words in length and should be oriented toward identifying solutions to problem areas. This Department is designed

as a forum for members to be read to help their peers.

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